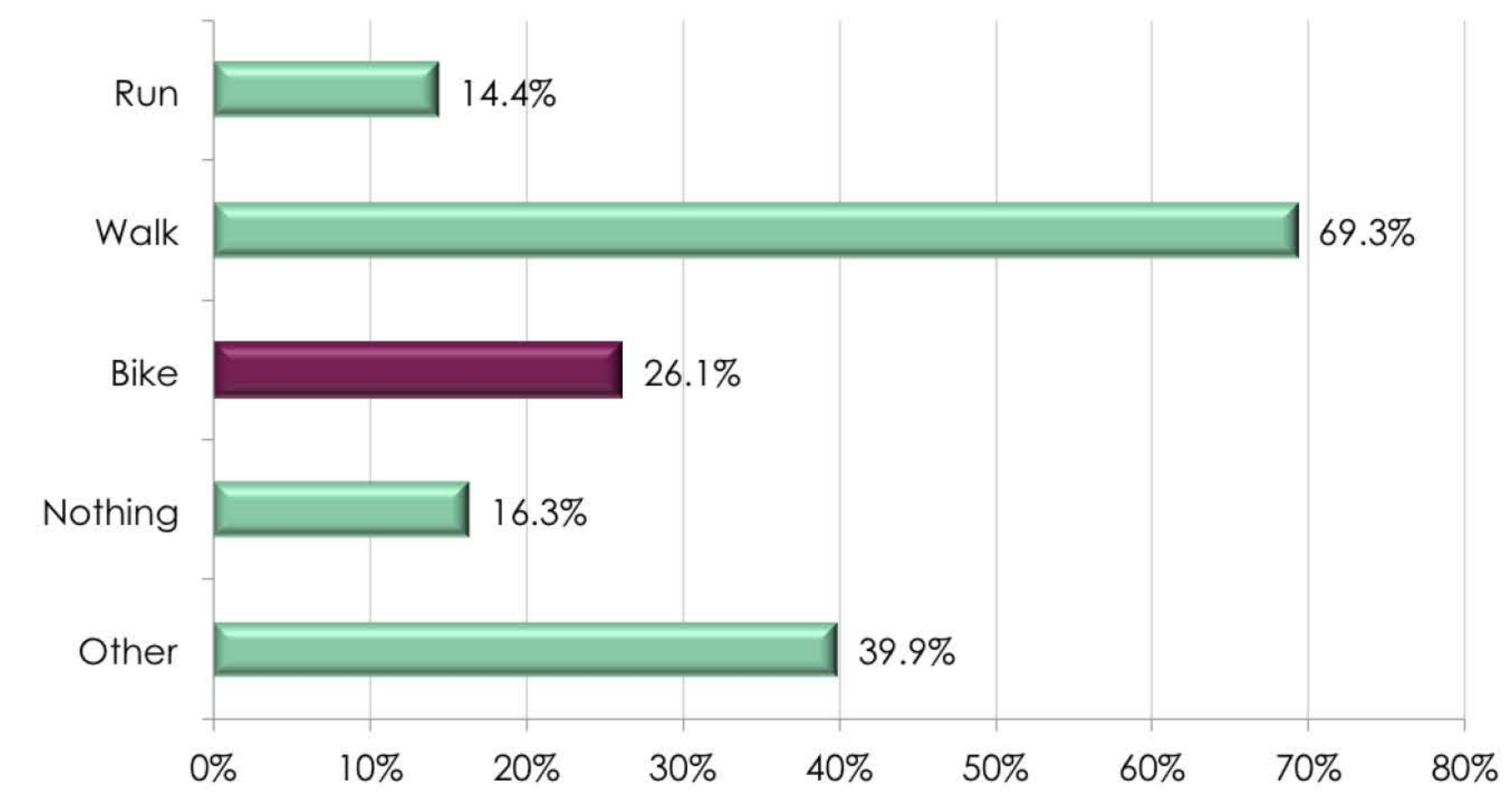


Preferred types of exercise (153 responses)



More than 26% percent of respondents who answered this question indicated that they bike for exercise. The percentages for each activity are shown with the graph. Please note that some respondents indicated that they engage in more than one form of exercise; therefore, the percentages do not equal 100.

Preferred Biking Routes

Forty-seven survey participants provided information about the biking routes they use, which are identified on the map. The frequency that the routes are used is depicted by their thickness, with the most frequently used routes being thickest. As with the walking routes, the cycling routes identified by participants follow many of the city streets in Nashua. A popular route segment includes Lakeshore Dr to Chickasaw St, Chickasaw to Highway 346, then west on Highway 346, northwest on Charles City Road, and around Cedar View Park. Greeley St between Aspinwall and Ford Sts is also heavily used. Some cyclists bike west on Highway 346 to US 218/Hwy 27 and beyond. Others ride east on Highway 346.

Map Source: Iowa Department of Natural Resources, "Natural Resources Geographic Information Systems Library," accessed May 2015, <http://www.igsb.uiowa.edu/nrgislib/>. Route data derived from the 2015 Designing Livable Communities survey conducted by Iowa State University.

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